

Functional Evaluation

Barthel's Index: It is a summative / additive format in which all the activity is done & gradually is given then at last all grades are added up.

1. Feeding :- 10 = Patient is independent.

Date: _____ Page: _____
If a (pt) is provided any necessary device & he can do it independently then also it will be 10 & able to do it in reasonable time.

5 = needs help (eg - cutting)

2. Personal Toilet = ~~face~~ face wash, shaving, combing, Brushing etc.

5 = Independently can do all activity
0 = need help.

3. Dressing = 10 = Independent - Buttoning, Tie the lace, Shirt in, fine movement.

5 = Needs help but half of work can do in reasonable time.

4. Bowels :- 10 = Independent, there is no accident (i.e. no defaecation before reaching to toilet) & able to use enema if needed.

5 = Occasional accident; or the person needs help for enema.

5. Bladder :- 10 = No accident or any device which the patient can use independently for the urination.

5 = Occasional accidents or needs helps to use device.

6. Bathing :- S = independent

7. Toilet transfer :-

10 = Independently with toilet or bed pan (pot)
or can handle the clothes i.e. removing them
or can flush the toilet & all toilet activities.

S = needs help for balance, for handling clothes, washing
for using toilet papers.

8. Ambulation :-

15 = Independent i.e. pt can walk almost 50 yards
or can use assistive device.

10 = Able to do activity with help can walk to
50 yards.

5 = Independent with wheelchair & can go to the
50 yards.

9. Transfer :- (Chair & bed)

15 = Independent including locking of wheelchair
feet raised lifting.

~~15~~ 10 = minimum assistance / supervision

S = Require max^m assistance.

10. Stair climbing

10 = Independent or can use assistance devices

5 = Needs help or supervision

II. Sickness impact profile (SIP):

12 categories

- 136 items (or questioning is done to the pt).
- 20-30 mins are taken

12 categories :- Sleep, rest, work, recreation, alertness, emotional behaviour & communication, social interaction, eating, home management, body care & movement, ambulatory & mobilisation.

Items :- I laugh / cry suddenly

- I act nervous / restless
- I talk about future in hopeless way
- I get sudden flights
- I act unstable & impatient about myself.
- I start crying or weeping
- I start blaming myself
- I say how bad or useless I am

III. Katz index of ADL:

6 activities

(1) Bathing

☐ ~~Requires~~ no assistance

☐ ~~Requires~~ assistance only in one part of body (leg, back etc)

☐ ~~Requires~~ assistance more than 1 part of body or not bathed

(2) Dressing :- Get clothes from closet / wardrobe & then handling them for dressing up.

☐ Get clothes from closet & get completely dressed

☐ Gets the clothes from closet gets dressed up except doing fine movement

☐ Needs assistance for getting dressed up

Eg:- Shoe lace

(3) Toileting :-

☐ Able to go to toilet is able to do bowel, urination clean himself & can arrange the clothes himself

☐ ~~Requires~~ assistance cleaning arranging of clothes or need help for using bedpan

☐ Doesn't go to toilet with/ without the support for elimination

(4) Transfer:-

□
comes in & out of bed without any assistance can use assistive device

□
Assistance is needed for moving in or out of bed.

□
Doesn't move out of bed.

(5) Continence :- Ability to hold urine voluntarily

□
Able to control urination powers completely self.

□
occasional accidents

□
Needs supervision or catheter is applied or ~~it~~ is pt is incontinent

(6) Feeding:-

□
Feeds himself without assistance

□
Requires some assistance (for applying butter, cutting)

□
Requires complex assistance, or IV is given to pt. Ryle's tube is applied

A → Independent in doing all 6 activities

B → Independent in all activities except I.

C → Independent in all activities except bathing & one more activity.

D → Independent in more than 3 activities

$E \rightarrow$ — " — " " " " " 4 "

f → — 12 — " " " " 5 " "

$G \rightarrow$ dependent on all activity

IV Functional Independent measures (FIM)

18 items measure scale.

- Self care - Bathing, toileting, dressing
- Sphincter control - Bladder, Bowel
- Locomotion
- Communication & Social cognition
- Transfer

1. Self care :- Eating, Bathing, grooming, toileting,
dressing
[-> upper
-> lower

2. Sphincter control :- - Bladder ☐
- Bowel ☐

3. Transfer - chair, Bed, wheel chair, toilet transfer
Shower, Tub.

4. Locomotion - walking ☐
- wheel chair ☐
- Stairs ☐

5. Communication - Comprehension ☐
- Expression ☐

6. Social Cognition - Social interaction ☐
Problem solving ☐
memory ☐

Grades:-

7, 6 → No helper
5, 4, 3 → Helper with modified dependence
2, 1 → Helper complete dependence

No helper-

7 → Person is completely independent. (Timing, safety)

6 → Independent (Device needed)

Helper with modified dependence

5 → needs supervision (100%)

4 → " 75%

3 → " 50%

Helper complete dependence

2 → ~~and~~ needs max^m assistance

1 → Total assistance

SF-36 :- [113 questions were asked to patient]

Physical & role function, test.

Eg:- Does your health status is limiting any movement

(1) Lifting or carrying something



Yes, limited
a lot



limited a
little



not limited

(2) for vigorous activity (running etc)

(3) Bending, kneeling, stooping

(4) Stair climbing

(5) Bathing or dressing yourself.